

# Markha to Dat Trek

The Markha to Dat Trek is a demanding high-altitude journey that links the inhabited villages of the Markha Valley with the remote nomadic landscapes of Changthang. Crossing the high Zalung Karpo La, the trek transitions from river valleys and monasteries to stark alpine wilderness and wide open plateaus, offering an immersive experience of Ladakh's geography, culture, and isolation.

## **Day 1 – Drive from Leh to Sara (3,700 m) and Trek to Markha Village (3,790 m)**

Begin with a scenic drive from Leh to Sara, which takes approximately 2–3 hours. From Sara, start the trek with a gentle walk of about one hour to reach Markha village. Overnight stay in a homestay in Markha.

## **Day 2 – Markha (3,790 m) to Hankar (4,000 m)**

Trek along the Markha River through green riverbanks and cultivated fields. Cross the river multiple times and pass by the ancient Tacha Monastery perched on a cliff. The trek takes around 4–5 hours. Overnight stay in Hankar, the highest village in the Markha Valley.

## **Day 3 – Hankar (4,000 m) to Langthang Chen (4,310 m)**

Leave the last permanent villages behind and trek further up the valley following the Langthang Chu river. The landscape becomes increasingly remote and rugged. Camp overnight at Langthang Chen.

## **Day 4 – Langthang Chen (4,310 m) to Yakrupal (4,755 m)**

A shorter day designed for acclimatisation. Ascend gradually along the valley with views of Kang Yatse peak. Camp overnight at Yakrupal in preparation for the high pass crossing.

## **Day 5 – Yakrupal (4,755 m) to Kharnak Khar (4,195 m) via Zalung Karpo La (5,190 m)**

Climb steadily to cross Zalung Karpo La, the highest point of the trek. From the pass, enjoy wide views of the Zanskar Range and Changthang plateau before descending to Kharnak Khar. Overnight camping.

## **Day 6 – Kharnak Khar (4,195 m) to Dat (4,330 m)**

Trek through a dramatic gorge, often walking in the river itself. The trail gradually ascends toward Dat, a remote nomadic settlement. Overnight camping at Dat.

## **Day 7 – Drive from Dat**

Vehicle pickup from Dat. Drive back to Leh or continue onward into the Changthang plateau, depending on the onward travel plan.